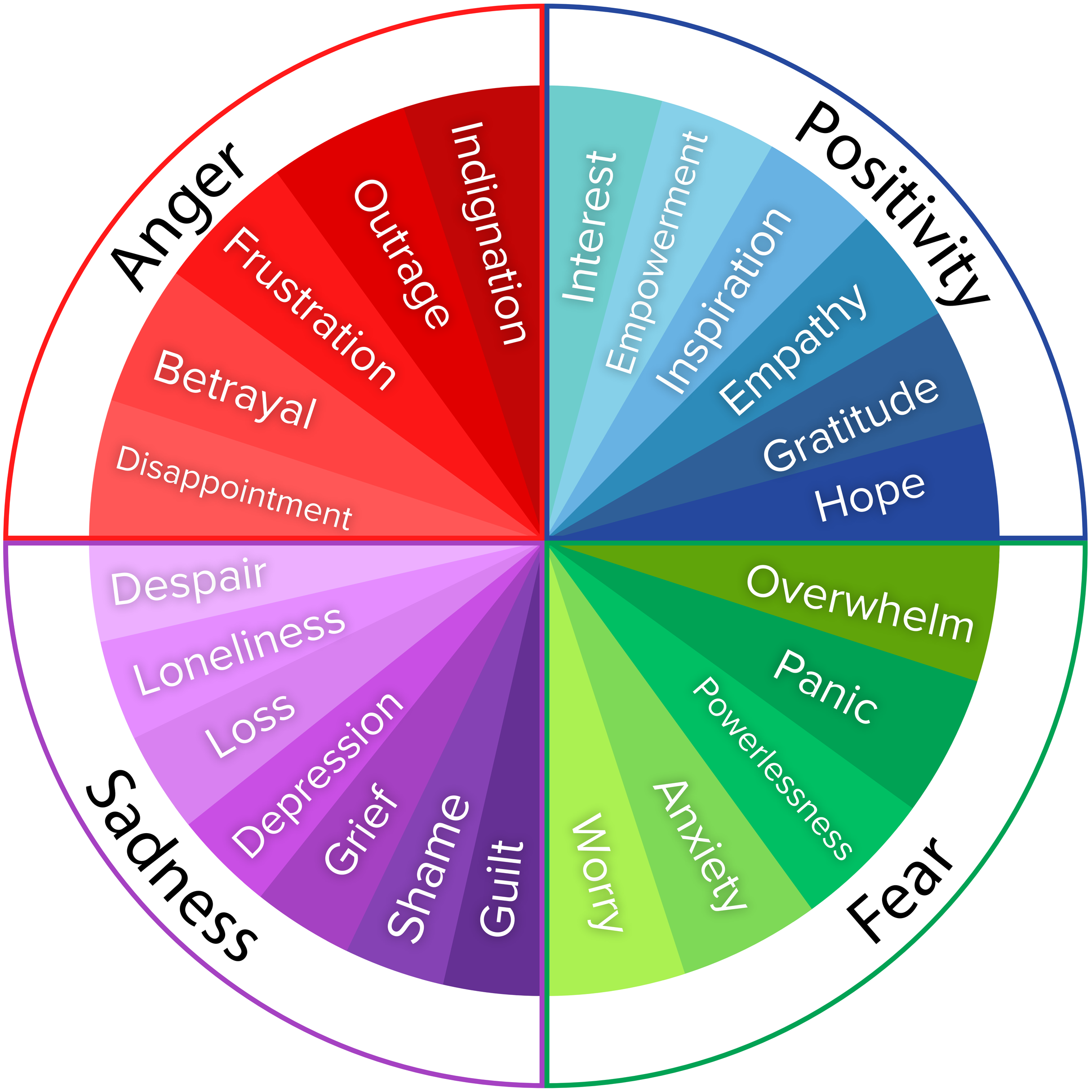
Climate Change and **Emotional Resilience**

Climate change is taking a toll on our mental health. Research by the Yale Program on Climate Change Communication found that **60% of Michigan residents are worried about climate change**.*

How does climate change make you feel?

Place a magnet next to one or two emotions that you feel and associate with climate change.



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Climate Emotions Wheel adapted from the Climate Mental Health Network. Learn more at climatementalhealth.net/

** Yale Program on Climate Change Communication, Climate Opinion Maps at climatecommunication.yale.edu/visualizations-data/ycom-us*

How are you building emotional resilience to climate change?

One way to cope with the mental health impacts of climate change is to “create hope through action.”

Building individual and community emotional resilience can be fostered by:

- Recognizing feelings associated with climate change, and,
- Understanding how individual and community actions can help build emotional resilience.

Use a ***yellow*** sticky note to write down an action that you are taking that helps you to cope with climate change.

Use a ***blue*** sticky note to write down an action that your community, as you define it, is taking that gives you hope.

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